

Issues Programs List

Quarterly Issues Programs List

WGNA- FM, WQBK-FM, WQBK-HD2, WTMM-FM, WQSH-FM, WPBZ-FM.

Townsquare Media Albany NY

April 1, 2020 through June 30, 2020

Section I. Issues

The station(s) has identified the following topics as significant issues facing our community in this quarter:

A. COVID-19 Food Insecurity & Hunger: Schools in The Capital Region were forced to close due to the coronavirus. On a typical day, the National School Lunch Program serves free lunches to students in need. Capital Region Sunday talks to The Regional Food Bank of Northeastern NY about how they are helping kids who once had lunch provided through school no longer have it, people who had a job no longer can provide for their families.

B. Heath: The American Red Cross of The Capital Region faces a severe blood shortage due to an unprecedented number of blood drive cancellations during this coronavirus outbreak. Healthy individuals are needed to schedule an appointment to give in the days and weeks ahead to help patients counting on lifesaving blood throughout this pandemic. As the coronavirus pandemic has grown here in the U.S., we have seen blood drive cancellations grow at an alarming rate. Blood Donations: are at an all time low due to COVID-19. The American Red Cross of NE NY talks about the need for Blood donations during COVID-19.

C. Mental Health during quarantine: Virtually no one in the Capital Region has been unaffected by the coronavirus pandemic, and stress is at high levels. Radio Health Journal discussed this subject with A public health and brain expert who talked about why "sheltering in place" is so important in spite of the stress it generates, and a few simple steps to ease the stress..

D. Domestic Abuse :rates are up due to quarantine in The Capital Region with residents sheltering at home due to the COVID-19 pandemic, the odds and fear of domestic abuse are rising. Radio Health Journal talks to The leader of a noted shelter and counseling program about the increase, the difficulty of counteracting it during a national lockdown, and what people can do to cope.

E. the Economy after the pandemic . Many Capital Region residents are impatient with social distancing as a result of COVID-19 despite the success of the tactic., reopening the country too quickly could allow the virus to come roaring back, resulting in thousands more deaths and even more economic damage. Radio Health Journal talks to two experts explain how the rollout should happen to get us back to work safely.

Section II. Responsive Programming

Capital Region Sunday is a locally produced 30 minute program. The program airs each Sunday at 6am on WGNA, WQBK , WPBZ, WTMM and WQSH. And at 7am on WQBK-HD2. Q1 2020.

April 5, 2020

Kelly Isenor, Communications Manager. American Red Cross

The American Red Cross faces a severe blood shortage due to an unprecedented number of blood drive cancellations during this coronavirus outbreak. Healthy individuals are needed to schedule an appointment to give in the days and weeks ahead to help patients counting on lifesaving blood throughout this pandemic. • As the coronavirus pandemic has grown here in the U.S., we have seen blood drive cancellations grow at an alarming rate. As of March 23, about 7,000 Red Cross blood drives have been canceled across the country due to coronavirus concerns, resulting in more than 200,000 fewer blood donations. • Workplaces, college campuses and schools are canceling their blood drives as these locations temporarily close and more people are being told to work remotely and practice social distancing. • Given these drive cancellations, donors may see fewer opportunities to give. We are working around the clock to identify new hosts and are adding new blood drives each day. • Please do not feel discouraged if there is not an immediate appointment available – patients still need you. As experts have emphasized, this outbreak is not limited to days and the Red Cross will continue to face blood collection challenges for weeks and even months during this crisis.

Issues Discussed; Blood shortage during Covid 19/ Healthcare.

April 12, 2020

Mark Quandt, Executive Director of The Regional Food Bank of Northeastern New York.

The Regional Food Bank has been helping to feed the poor and hungry in our communities since 1982. It is the only organization of its kind in northeastern New York. The Food Bank collects large donations of food from the food industry and distributes it to charitable agencies serving hungry and disadvantaged people in 23 counties. From Plattsburgh to Newburgh, in urban, rural, and suburban communities, the Food Bank provides over 35 million pounds of food a year to 1,000 agencies.

Issues discussed: Fighting Hunger/Health, charitable organizations.

April 19, 2020- Repeat

Kelly Isenor, Communications Manager. American Red Cross

The American Red Cross faces a severe blood shortage due to an unprecedented number of blood drive cancellations during this coronavirus outbreak. Healthy individuals are needed to schedule an appointment to give in the days and weeks ahead to help patients counting on lifesaving blood throughout this pandemic. • As the coronavirus pandemic has grown here in the U.S., we have seen blood drive cancellations grow at an alarming rate. As of March 23, about 7,000 Red Cross blood drives have been canceled across the country due to coronavirus concerns, resulting in more than 200,000

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Issues Discussed; Blood shortage during Covid 19/ Healthcare.

April 26, 2020

Peter Gannon, President and CEO of The United Way of The Capital Region.

United Way of the Greater Capital Region is an organization that fights for the health, education and financial stability of every person in every community. It unites donors, volunteers, and community organizations in a common mission to strengthen our community and improve social conditions in the Capital Region and beyond. Learn more at www.unitedwaygcr.org or [Facebook.com/UnitedWayGCR](https://www.facebook.com/UnitedWayGCR).

Issues Discussed: United Way's Response to Covid 19.

May 3, 2020

Justin Reuter, Chief Executive Officer, Boys and Girls Club of Albany NY.

Patrick Doyle, COO, , Boys and Girls Club of Albany NY.

On a daily basis, the Boys and Girls Clubs of the Capital Area fights hunger by providing over a thousand youth, eighty-five percent of which normally reside in food insecure households, with nutritious meals at our many after-school sites. Unfortunately, this pandemic has brought uncertainty and disruption to the stability that the organization offers the communities that it serves. In accordance with New York State policy for school closures, the school-based sites where children receive these meals are closed.

To continue serving the needs of the community, the Boys & Girls Clubs of the Capital Area is utilizing their commercial kitchen to create a mobile meal service which now provides over 2,000 breakfasts and lunches to eleven key housing sites in Albany and Rensselaer County. In addition to serving over 70,000 meals since the pandemic began, they have provided at-home S.T.E.A.M. activities, and have created a growing virtual community to keep kids mentally stimulated, engaged and learning. In order to both to

meet the current operational costs for this critical service, and expand to serve more members of the community, BGCCA is looking for donations and volunteer assistance. Visit their website, www.bgccapitalarea.org for more information.”

Issues discussed: Children/ Fighting Hunger during Covid 19.

May 10, 2020

Kristen Broschinsky, Director of Development, Make a Wish of Northeastern New York.

Wishes are more than just a nice thing

A wish experience can be a game-changer for a child with a critical illness.

This one belief guides us in everything we do at Make-A-Wish®. It inspires us to grant wishes that change the lives of the kids we serve. It compels us to be creative in exceeding the expectations of every wish kid. It drives us to make our donated resources go as far as possible.

Most of all, it's the founding principle of our vision to grant the wish of every eligible child.

Wishes are more than just a nice thing. And they are far more than gifts, or singular events in time. Wishes impact everyone involved - wish kids, volunteers, donors, sponsors, medical professionals and communities. The impact varies. For wish kids, just the act of making their wish come true can give them the courage to comply with their medical treatments. Parents might finally feel like they can be optimistic. And still others might realize all they have to offer the world through volunteer work or philanthropy. Whatever the odds, whatever the obstacles ... wishes find a way to make the world better.

Issues Discussed: Children and Child Care.

May 17, 2020

Perry Jones, Executive Director. Capital City Rescue Mission

Imagine going through the COVID-19 pandemic without having a place to call home. The Capital Region's hungry and homeless men and women find meals, shelter and compassion at Capital City Rescue Mission in Albany.

The Rescue Mission still welcomes struggling souls who have no refuge and no resources.

You can provide hope to those who need it most. It begins with a hot meal and includes safe shelter. \$21.70 will provide 10 people with hope. Issues Discussed: Homeless/fighting hunger.

Issues Discussed.

May 24, 2020

Captain Leo Lloyd Co Commander of The Glens Falls Salvation Army.

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

1. What is different about the Salvations Army's response to the COVID-19 pandemic"
2. What have some of the challenges been.
3. Tell me the story about the guy and the hand sanitizer
4. How can people help?

Issues Discussed : Covid 19 Community food drives.

May 31,2020

Rayn Boncie CEO, Things of My Very Own.

Things of My Very Own, Inc. provides crisis intervention services to children impacted by extensive abuse and/or neglect. Services are also available to children who are, solely due to the lack of items necessary for sustainability, at risk of a Child Protective Services intervention. Our goal is to keep children together with non-abusive family members, and out of the foster care system, whenever possible.

The transition out of an abusive situation is often sudden and unexpected. Rarely is a child able to return home to retrieve belongings prior to their move. Things of My Very Own, Inc. recognizes the need for children to have everything they need from the first moment on. Our goal is to provide children with things of their very own on an immediate need basis, so they can begin their healing process.

In addition to our critical transitional assistance services, Things of My Very Own, Inc. provides enriching educational activities and Life-Skill Development Programs to at-risk children. Our programs, designed in consultation with experts from throughout our region and are designed to further their educational opportunities, while teaching them that what they have endured, does not define who they grow up to be. Issues: Children's Health.

Programs include (but are not limited to) our entomological and archaeological adventures, as well as an ever-expanding group of fun and educational experiences in marine biology, literacy, financial management, sensory exploration and lots more.

Our goal is to make sure children of all ages and capabilities feel supported, gain critical skills and, as simple as it sounds, feel safe enough to be kids again.

In extreme circumstances, the organization will provide one-time grants for prescription medications and treatments including but not limited to: lice treatment, flea and bed bug remedies, etc.

June 7, 2020

Elizabeth Smith-Boivin, Executive Director, Alzheimer's Association Northeastern New York

Dementia caregiving can be challenging, especially now during the Coronavirus pandemic, but you are not alone. The Alzheimer's Association remains committed to providing care and support for families living with Alzheimer's and all other dementia. We are here 24 hours a day, seven days a week at 800-2-7-2-3-9-0-0 and online at alz.org/cny.

Issues: Healthcare during the Pandemic.

June 14, 2020

Michael Burgess- Aging Specialist. Community Care Givers.

The current health crisis has kept seniors and others in their homes where isolation and loneliness can be a problem.

To help with this, Community Caregivers has volunteers trained, screened and ready to make regular phone calls to seniors. Remember the days of having Pen Pals? Well, these calls are like that only by phone, or "Phone Pal" calls.

Maybe you know of a neighbor down the street who can't get out much, or even a relative or friend. Maybe you would like a "Phone Pal" to stay in touch with? Community Caregivers can also provide shopping, prescription pick-ups and transportation to essential appointments for new clients and those we already serve. Community Caregivers has helped seniors in our communities for over 25 years and is ready to help you, your loved ones and your neighbors! Issues: Seniors/Health.

June 21, 2020

Mary Ellen Lounello, Communications Director, The Woman's Club of Albany.

The Woman's Club of Albany is one of the oldest non-profit community organizations in the Capital Region. The organization has been going strong since 1910 with a mission to support the needs of women and children by engaging in community service and raising awareness of issues critical to women and children. They welcome new members and invite you to visit their website at womansclubofalbany.com. Women's issues. June 28, 2020

June 28, 2020

Mary Ellen Lounello, Communications Director

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In addition to the above locally produced programs, each of our stations, WGNA-FM, WQSH-FM, WPBZ-FM, WTMM-FM, WQBK-FM and WQBK-HD2 broadcasts a nationally syndicated community affairs program as detailed below.

Radio Health Journal. Every Sunday from 630am-7am

Program log is attached.

Quarterly Report of Compliancy Issues & Programs List

Radio Health Journal: 2020-Q2 (April-June)

- Alcoholism
- Business & Industry
- Charitable & Volunteer Organizations
- Consumerism
- Coronavirus Pandemic
- Crime
- Criminal Justice System
- Culture & Fine Arts
- Diet & exercise
- Disabilities
- Discrimination
- Domestic Violence
- Economics
- Education
- Elderly & Senior Citizens
- Employment & Unemployment
- Ethics
- Exercise & Fitness
- Federal Government
- Food Insecurity & Hunger
- Gender Issues
- Genetics
- Health care
- Human Development
- Media
- Medical System
- Mental Health
- Mental Illness & Treatment
- Minority Issues
- Parenting
- Police & Law Enforcement
- Poverty
- Privacy
- Public Health
- Public Policy
- Public Safety
- Racism & Discrimination
- Recreation & Performing Arts
- Science
- Social Change
- Stress Management
- Technology
- Vaccine Development
- Women's Issues
- Youth at Risk

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Affiliate downloads are available at <http://mediatracksdownloads.com> and affiliates.mediatracks.com

Guest information, segment podcasts and the latest health news are available at radiohealthjournal.org

Program: 20-14 **Executive Producer:** Reed Pence
Air Week: 04/05/20 **Studio Production:** Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
2:21	SEGMENT 1: MISINTERPRETING PERINATAL DEPRESSION	
	12:32	

Synopsis: Perinatal depression (previously known as postpartum depression) is seldom brought up by a new mother, so healthcare providers must screen for it carefully. However, sometimes they err on the side of caution in efforts to prevent the mother from harming herself or her baby. Experts discuss the balancing act.

Host & Producer: Reed Pence.

Guests: Jessica Porten, new mother diagnosed with depression; Dr. Darby Saxbe, Associate Professor of Psychology, University of Southern California; Dr. Tiffany Moore Simas, Professor of Obstetrics and Gynecology, University of Massachusetts Medical School & former co-chair, Maternal Mental Health Expert Work Group, Amer. College of Obstetrics and Gynecology.

Compliance issues covered: health care; women's issues; youth at risk; public health and safety; parenting

Links for more information:

- https://dornsife.usc.edu/cf/psyc/psyc_faculty_display.cfm?person_id=1032709
- <https://www.umassmed.edu/news/news-archives/2019/08/tiffany-moore-simas-named-fellow-of-premier-leadership-program-for-women-in-medicine/>

15:25	SEGMENT 2: EASING CORONAVIRUS STRESS	6:53
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Synopsis: Virtually no one in the US has been unaffected by the coronavirus pandemic, and stress is at high levels. A public health and brain expert discusses why "sheltering in place" is so important in spite of the stress it generates, and a few simple steps to ease the stress.

Host: Nancy Benson. **Producer:** Reed Pence.

Guest: Dr. Michael Lewis, President, Brain Health Research and Education Institute and former officer, Walter Reed Army Institute of Research

Compliance issues covered: health care; public health; mental health; consumerism; infectious disease; coronavirus pandemic; stress management

Links for more information:

- <http://www.brainhealtheducation.org/about-us/leadership/>

Program: 20-15 **Executive Producer:** Reed Pence
Air Week: 04/12/20 **Studio Production:** Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:51	SEGMENT 2: DOMESTIC ABUSE AND THE PANDEMIC	
	12:03	

Synopsis: With hundreds of millions of Americans sheltering at home due to the COVID-19 pandemic, the odds and fear of domestic abuse are rising. The leader of a noted shelter and counseling program discusses the increase, the difficulty of counteracting it during a national lockdown, and what people can do to cope.

Host & Producer: Reed Pence.

Guest: Irene Lindsey Brantley, Program Director, Women In Transition, Philadelphia

Compliance issues covered: women's issues; youth at risk; public health and safety; charitable and volunteer organizations; domestic violence; intervention & harm reduction; coronavirus pandemic

Links for more information:

- Women in Transition – <https://www.helpwomen.org/> & 215-751-1111
- National Domestic Violence Hotline, 800-799-7233

14:56	SEGMENT 2: FOREIGN ACCENT SYNDROME	
	7:10	

Synopsis: People who suddenly speak with what sounds like a foreign accent often have a brain injury due to a stroke or other trauma. Experts discuss the syndrome and chances of recovery.

Host: Nancy Benson. **Producer:** Reed Pence.

Guests: Dr. Sheila Blumstein, Professor Emerita of Cognitive Linguistics and Psychological Sciences, Brown University; Dr. Jack Ryalls, Professor of Communication Sciences and Disorders, University of Central Florida

Compliance issues covered: health care; disabilities

Links for more information:

- <https://www.brown.edu/Departments/CLPS/people/sheila-blumstein/>
- <https://www.cohpa.ucf.edu/directory/john-ryalls/>

Program: 20-16 Executive Producer: Reed Pence
Air Week: 04/19/20 Studio Production: Jason Dickey

Time	Segment	Dur.
1:50	SEGMENT 1: WILL COVID-19 BANKRUPT THE HEALTHCARE SYSTEM?	
	12:25	

Synopsis: Hospitals are scrambling to get extra equipment and outfit more beds and ICU units for COVID-19 patients. Their treatment is time-consuming and expensive. At the same time, hospitals' lucrative elective procedure business has largely been eliminated. Will the combination bankrupt hospitals? Two experts who have studied the crisis discuss.

Host & Producer: Reed Pence.

Guests: Dr. Vivian Ho, Chair, Health Economics, and Director, Center for Health and Biosciences, Rice University and Professor of Medicine, Baylor College of Medicine; Dr. Heidi Russell, Associate Professor, Baylor College of Medicine

Compliance issues covered: health care system; public health; economics; public safety; federal government

Links for more information:

- <https://www.bakerinstitute.org/experts/vivian-ho/>
- <https://www.sharecare.com/doctor/dr-heidi-v-russell>

15:17	SEGMENT 2: STAYING FIT WHILE STAYING HOME	
	7:42	

Synopsis: The national effort to shelter in place has closed gyms and led many people to complain of weight gain. Two exercise experts discuss how people can maintain fitness at home with no equipment.

Host: Nancy Benson. **Producer:** Polly Hansen.

Guests: Sabrina Wescott, nutrition health coach and Director of Marketing, Maxpro Fitness; Erin Sampson, yoga instructor on YouTube "Five Parks Yoga" channel

Compliance issues covered: exercise & fitness; coronavirus pandemic; public health

Links for more information:

- <https://maxprofitfitness.com/>
- <https://www.youtube.com/watch?v=kNDpnNsoCwU>

Program: 20-17 Executive Producer: Reed Pence
Air Week: 04/26/20 Studio Production: Jason Dickey

Time	Segment	Dur.
1:50	SEGMENT 1: OPENING AMERICA AGAIN: WHEN IS IT SAFE?	
	12:23	

Synopsis: Many Americans are impatient with social distancing as a result of COVID-19 despite the success of the tactic. However, reopening the country too quickly could allow the virus to come roaring back, resulting in thousands more deaths and even more economic damage. Two experts explain how the rollout should happen to get us back to work safely.

Host & Producer: Reed Pence.

Guests: Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University School of Medicine; Dr. Gary Slutkin, CEO, Cure Violence Global

Compliancy issues covered: public health; public safety; health care; economics; education; public policy

Links for more information:

- <https://www.vumc.org/health-policy/person/william-schaffner-md>
- https://www.who.int/violenceprevention/about/participants/cure_violence/en/

15:15	SEGMENT 2: RULES FOR WHO LIVES, WHO DIES IN THE PANDEMIC
	7:44

Synopsis: A lack of ventilators potentially puts doctors in the position of deciding which of their COVID-19 patients get a ventilator and live, and which ones don't get one and die. New rules for making such decisions have been released which are designed to be fair and independent. The designer of the rules explains.

Host: Nancy Benson. **Producer:** Reed Pence.

Guest: Dr. Douglas White, Professor of Critical Care Medicine and Director, Program on Ethics and Decision Making In Critical Illness, University of Pittsburgh.

Compliancy issues covered: health care; public health; ethics; minority issues; infectious disease; coronavirus pandemic; medical system

Links for more information:

- <https://ccm.pitt.edu/node/454>

Program: 20-18
Air Week: 05/03/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

Time	Segment	Dur.
1:50	SEGMENT 1: MAINTAINING MENTAL HEALTH DURING THE LOCKDOWN	
12:11		

Synopsis: Mental health is difficult to maintain when people are required to stay inside at home. In fact, we're asked to engage in activities that normally would indicate mental distress. A noted psychologist with the NIH discusses ways to stay mentally healthy during the pandemic lockdown.

Host: Reed Pence. **Producer:** Polly Hansen.

Guest: Dr. Krystal Lewis, clinical psychologist, National Institute of Mental Health

Compliance issues covered: public health; health care; mental health; media; mental illness & treatment; coronavirus pandemic; stress management

Links for more information:

- <https://potomacpsychiatry.com/krystal-m-lewis>

15:03	SEGMENT 2: NURSING HOMES TRY TO FEND OFF COVID-19	
8:06		

Synopsis: Nursing homes have been a hotbed of fatal COVID-19 infections. The virus was loose in many of them before they could even know it. An industry expert discusses what nursing homes are doing now to keep the virus out and their patients safe.

Host: Nancy Benson. **Producer:** Reed Pence.

Guest: Dan Stockdale, certified nursing home administrator and consultant

Compliance issues covered: health care; public health; public safety; elderly and senior citizens; infectious disease; coronavirus pandemic

Links for more information:

- <https://danstockdale.com/about-dan/>

Program: 20-19
Air Week: 05/10/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
1:53	SEGMENT 1: THE ECONOMY AFTER THE PANDEMIC	
	11:35	

Synopsis: The COVID-19 pandemic has caused a quicker economic crash than we've ever seen. Opening the nation too fast will likely trigger a "W" shaped recovery with wide swings of growth then decline. Either way, the effects will last for years. Experts discuss likely scenarios.

Host & Producer: Reed Pence.

Guests: Dr. Martin Andersen, Assistant Professor of Economics, Bryan School of Business and Economics, University of North Carolina at Greensboro; Dr. Mark Muro, Senior Fellow, Metropolitan Policy Program, Brookings Institution

Compliancy issues covered: public health; economics; employment and unemployment; business and industry; federal government; coronavirus pandemic; public policy

Links for more information:

- <https://bryan.uncg.edu/faculty-and-staff/andersen-martin-s/>
- <https://www.brookings.edu/experts/mark-muro/>

14:30	SEGMENT 2: TELEMEDICINE FINALLY GETS ITS CHANCE	
	7:54	

Synopsis: Doctor's appointments via smartphone have been available for some time but were little used except in remote areas due to insurance reluctance. Now telemedicine has been forced on us and on insurers by COVID-19 restrictions, and many providers swear by them. Three experts discuss.

Host: Nancy Benson.

Producer: Reed Pence.

Guests: Dr. Franziska Ringpfeil, Assistant Professor of Dermatology, Thomas Jefferson University; Dr. Brian Cole, Professor of Orthopedic Surgery, Rush University & Managing Partner, Midwest Orthopedics at Rush; Brian Slusser, CEO, Health In Motion Network

Compliancy issues covered: health care; public health; technology; coronavirus pandemic; insurance

Links for more information:

- <https://hospitals.jefferson.edu/find-a-doctor/r/ringpfeil-franziska.html>
- <https://www.briancolemmd.com/>

Program: 20-20
Air Week: 05/17/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
1:47	SEGMENT 1: WOMEN, ALCOHOL, AND ISOLATION	
12:32		

Synopsis: The COVID-19 lockdown has triggered increased alcohol use in many people, and an alcohol use disorder in some. Help can be difficult to access, as face-to-face counseling and group sessions have been halted. For women, it can be even more difficult, as they are much more comfortable in more rare single-sex sharing situations. Two experts discuss today's dangerous alcohol triggers and how to seek help.

Host & Producer: Reed Pence.

Guests: Jessica Foody, certified professional recovery coach; Dr. Kathleen Brady, Distinguished University Professor of Psychiatry, Medical University of South Carolina

Compliancy issues covered: public health; alcoholism, substance use disorder and treatment; women's issues; mental health; mental illness & treatment; coronavirus pandemic

Links for more information:

- <https://www.jessicafoody.com/>
- <https://muschealth.org/MUSCApps/ProviderDirectory/Brady-Kathleen>

15:21 SEGMENT 2: THE LOSS OF RITUALS

7:13

Synopsis: Spring is the season of rituals—prom, graduation, commencement and weddings. Social distancing has taken most of these rituals away. An expert discusses the importance of rituals in our mental health and why it's OK to grieve their loss. She also discusses how changing rituals can be successful save for the tragic loss of funerals.

Host: Nancy Benson.

Producer: Reed Pence.

Guests: Dr. Maribel Alvarez, Associate Research Professor of Anthropology, University of Arizona

Compliancy issues covered: mental health; consumerism; public health; coronavirus pandemic; social change

Links for more information:

- <https://anthropology.arizona.edu/user/maribel-alvarez>

Program: 20-21
Air Week: 05/24/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
1:50	SEGMENT 1: THE SHRINKING HUMAN JAW	
	12:08	

Synopsis: Over the last 8,000 years, the human jaw has been getting smaller due to an increasingly soft diet and a lack of jaw exercise. The result is an epidemic of crooked teeth and serious health consequences, as two experts explain.

Host: Reed Pence.

Guests: Dr. Paul Erlich, Professor Emeritus of Population Studies, Stanford University and co- author, *Jaws: The Story of a Hidden Epidemic*; Dr. Sandra Kahn, orthodontist and co-author, *Jaws: The Story of a Hidden Epidemic*

Compliance issues covered: youth at risk; human development; public health; diet and nutrition

Links for more information:

- <https://www.sup.org/books/title/?id=29626>

15:00	SEGMENT 2: ANDROGENS AND COVID-19	
	7:26	

Synopsis: For people under about age 70, covid-19 is much harder on men than on women, especially those with strong male characteristics like scalp balding and plentiful body hair. A group of researchers has a theory as to why—that male hormones provide the virus with an entry into the cell. One of the researchers discusses what that could mean in terms of treatment.

Host: Nancy Benson.

Producer: Reed Pence.

Guest: Dr. Carlos Wambier, Assistant Professor of Dermatology, Brown University Warren Alpert Medical School

Compliance issues covered: consumerism; public health; research & development; vaccine development;

Links for more information:

- <https://brownderm.org/doctor/carlos-gustavo-wambier-md-phd/>

Program: 20-22
Air Week: 05/31/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
1:50	SEGMENT 1: COVID AND CHOIRS	
	11:47	

Synopsis: Scientists have discovered that singing is an exceptionally effective way to spread viruses through the aerosolized particles it expels, which may travel much farther than the six foot safety zone many people follow. This means choruses and choirs may not get back to “normal” after the covid-19 pandemic until much later than most activities, and only with rapid, effective testing or a vaccine. Experts explain.

Host: Reed Pence.

Guests: Dr. Robert Russell, Music Director, CHORALART, Portland, ME and Professor Emeritus of Music, University of Southern Maine; Dr. Lucinda Halstead, Medical Director, Evelyn Trammel Institute for Voice and Swallowing, University of South Carolina and President, Performing Arts Medicine Assn.

Compliance issues covered: health care; public health and safety; culture and fine arts; recreation and performing arts; economics; infectious disease; coronavirus pandemic

Links for more information:

- <https://www.choralart.org/music-director/>
- <https://www.rider.edu/faculty/lucinda-halstead>

14:39	SEGMENT 2: WHY WOMEN ARE GENETICALLY STRONGER	
	7:38	

Synopsis: Women may have been known through the centuries as the weaker sex, but researchers have learned that they are anything but weak. Their 2 X chromosomes are both active and cooperate with each other, especially in immune response. An expert discusses new findings on their genetic superiority.

Host: Nancy Benson. **Producer:** Reed Pence.

Guest: Dr. Sharon Moalem, author, *The Better Half: On the Genetic Superiority of Women*

Compliance issues covered: women’s issues; gender issues; health; genetics; research & development

Links for more information:

- <http://sharonmoalem.com>

Program: 20-23
Air Week: 06/07/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
1:49	SEGMENT 1: GENETIC TESTING AND LIFE INSURANCE	12:03

Synopsis: It's illegal for health insurers to use genetic testing to discriminate against policyholders. However, life insurers can and do discriminate on that basis if the test is in your medical file. Private testing lets patients know their risk for many diseases without landing in health files. Advocates want to make it illegal for life insurers to also discriminate on this basis, but it may end up with higher costs for everyone. Experts explain.

Host: Reed Pence.

Producer: Polly Hansen.

Guests: Anya Prince, Associate Professor of Law, University of Iowa; Dr. Patricia Born, Professor and Payne H. and Charlotte Hodges Midyette Eminent Scholar in Risk Management and Insurance, Florida State University; Lisa Schlager, Vice President of Public Policy, Facing Our Risk of Cancer Empowered (FORCE)

Compliancy issues covered: health care; insurance; economics; ethics; privacy; public policy; genetics; technology

Links for more information:

- <https://law.uiowa.edu/anya-prince>
- <https://business.fsu.edu/person/patricia-born>
- <https://www.facingourrisk.org/about-us/about/staff.php>

14:54	SEGMENT 2: WHAT EVERY PARENT SHOULD KNOW: "IT DOESN'T LOOK LIKE DROWNING"	7:25
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Synopsis: Seven hundred children under age 15 drown in the US each year, most within sight of a parent or other adult. Experts discuss one major reason: drowning doesn't look like most people picture it, and so are unaware the child is in trouble.

Host: Nancy Benson.

Guests: Dr. Francesco Pia, water safety educator; Mario Vittone, Retired Marine Safety Specialist, US Coast Guard.

Compliancy issues covered: public health; public safety; youth at risk; water safety; consumerism

Link for more information:

- <http://poolsafely.gov>
- <https://www.youtube.com/watch?v=dmYka7>

Program: 20-24
Air Week: 06/14/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
1:43	SEGMENT 1: MISUNDERSTANDING STUTTERING	
	11:39	

Synopsis: Stuttering is an extremely misunderstood disability. Many stutterers go to great lengths to avoid the words or phrases that trip them up, and are often successful in keeping their disability hidden. Yet then it may be mistaken for other problems. Experts explain, using former Vice President Joe Biden as an example.

Host & Producer: Reed Pence.

Guests: Jane Fraser, President, Stuttering Foundation of America; Dr. Eric Jackson, Assistant Professor of Communicative Sciences and Disorders, New York University

Compliance issues covered: disabilities; youth at risk; education

Links for more information:

- <https://www.stutteringhelp.org>
- <https://www.stutteringhelp.org/content/jane-fraser>
- <https://steinhardt.nyu.edu/people/eric-s-jackson>

14:24	SEGMENT 2: DISEASE RISK AND INHERITANCE	7:31
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Synopsis: Scientists have learned that the habits and environments of our parents and grandparents can have a strong effect on our health and longevity as a result of imprinting on egg and sperm cells. An expert explains.

Host: Nancy Benson.

Guest: Judith Finlayson, author, *You Are What Your Grandparents Ate: What You Need to Know About Nutrition, Experience, Epigenetics, and the Origins of Chronic Disease*

Compliance issues covered: public health; health care; poverty; food insecurity & hunger

Link for more information:

- <https://youarewhatyourgrandparentsate.com/-/bios>

Program: 20-25
Air Week: 06/21/20

Executive Producer: Reed Pence
Studio Production: Jason Dickey

<i>Time</i>	<i>Segment</i>	<i>Dur.</i>
1:50	SEGMENT 1: PROTESTS AMID THE PANDEMIC	12:37

Synopsis: With thousands of people demonstrating in the streets after the death of George Floyd, health experts are concerned that the crowds, shouting, and lack of masks may contribute to a spike in COVID-19 cases. However, with many locations also “opening up,” they say a spike is inevitable, to be made worse by protests, but teasing out what’s responsible becomes more difficult. Experts discuss.

Host & Producer: Reed Pence.

Guests: Dr. Julie Swann, Dept. Head and Allison Distinguished Professor, Fitts Dept. of Industrial and Systems Engineering, North Carolina State Univ; Dr. Pinar Keskinocak, Professor of Industrial and Systems Engineering and Director, Center for Health and Humanitarian Systems, Georgia Tech University

Compliancy issues covered: public health; racism and discrimination; crime, police & law enforcement; public safety; infectious disease; coronavirus pandemic; social change

Links for more information:

- <https://www.ise.ncsu.edu/people/jlswann/>
- <https://www.isye.gatech.edu/users/pinar-keskinocak>

15:29	SEGMENT 2: PROTECTING YOUR EYES FROM SUMMER UV RAYS	7:17
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Synopsis: Summer is when people want to spend as much time outdoors as possible. Skin protection and sunscreen are something most of us consider, but overexposure to UV rays is extremely dangerous to the eyes as well. An expert discusses.

Host: Nancy Benson.

Producer: Hannah Swarm.

Guest: Dr. Rachel Bishop, ophthalmologist, National Eye Institute

Compliancy issues covered: public health; consumerism

Links for more information: <https://nei.nih.gov/pressroom/bishop>

Program: 20-26 Executive Producer: Reed Pence
Air Week: 06/28/20 Studio Production: Jason Dickey

Time	Segment	Dur.
1:50	SEGMENT 1: LONG-SUFFERING COVID SURVIVORS	
	12:27	

Synopsis: While most people who contract COVID-19 survive, those who suffer often-changing symptoms for months on end can only wonder when they'll get well. A survey of members of a long-haul survivors support group find that many who don't have "textbook" symptoms suffer poor medical care and discrimination as a result. Two women who operate the support group discuss the issues.

Host & Producer: Reed Pence.

Guests: Fiona Lowenstein, founder, Body Politic Wellness Collective; Hannah Davis, researcher, Body Politic Support Group

Compliance issues covered: public health; medical system; discrimination; mental illness and treatment; consumerism; research & development

Links for more information:

- <https://www.wearebodypolitic.com/covid19>

15:19	SEGMENT 2: Face Masks and Breathing	7:22
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Synopsis: Some people insist that wearing a face mask smothers them and makes them feel like they're not getting enough air. An expert discusses what might be going wrong and lays out the basics on how to wear a mask without needing to come up for air.

Host: Nancy Benson.

Producer: Reed Pence.

Guest: Dr. Bill Carroll, Adjunct Professor of Chemistry, Indiana University and former President, American Chemical Society; Dr. Lucinda Halstead, Medical Director, Evelyn Trammel Institute for Voice and Swallowing, University of South Carolina

Compliance issues covered: public health; consumerism

Links for more information:

- <https://www.chem.indiana.edu/faculty/bill-carroll/>

The Griot Nation Radio Show

Feat. Amon Rashidi and UNCN

Show Topics – 2nd Quarter 2020

TGN-387 Rule In Confusion – April 11, 2020

- The Conscious Corner: Dealing with confusion in today's world with COVID-19, the conspiracy of 5G, and the medias mis-information campaign
Benefits of teaching at home and setting the foundation for our future
- Healthy Relationships: Practicing tolerance and respect in this new crisis especially in our homes and families
- Griot Nation News: Pathway to freedom for Mumia Abu Jamal
- Cora Dixon Healing Experience: Tips for dealing with health issues in quarantine: exercising at home, meditation, planning for major shifts in our lives
- Helpful Hints for Parents – Home is ground zero, how to take advantage of the time you have at home
- Rapademics: Rap-A-Phonics – H Blends; Rap-A-Phonics – S Blends
- Griot 411: Interview with comedian Camira White

TGN-388 Soul Dynasty – April 26, 2020

- The Conscious Corner: Dealing with the financial realities of the pandemic
Home schooling and the importance of being the child's first teacher
- Healthy Relationships: Developing self love before getting into intimate relationships
Soul Dynasty – the music and the blessing of women in our lives
- Griot Nation News: Trapped in the prison system with the Coronavirus and what activists are doing to force the states and courts to release more inmates
- Cora Dixon Healing Experience: The benefits of meditation for mental clarity and organization
- Helpful Hints for Parents – Understanding our circle of concern and circle of control
- Rapademics: RapiPLY – Multiply By 6; Multiply by 7
- Griot 411: Interview with Griselda – rap group out of Buffalo

TGN-389: Black Media – May 03, 2020

- The Conscious Corner: Loyalty to the job or race in light of the Kobe Bryant Gayle King controversy
Our stained relationship with the press from the beginning
- Healthy Relationships: Dealing with age difference in relationships
Part 2 – How we turn the media against our own
- Cora Dixon Healing Experience: Relaxation, meditation and slowing your life down
- Helpful Hints for Parents – Protect the minds of your children
Part 2 – Internalization, what children learn from 0 to 8 years old
- Griot Nation News: Reappraising the history of the United States and Imperialism
- Rapademics: Rap-A-Phonics – Adjectives; Rap-A-Phonics – Silent E

- Griot 411: Spotlight on Reginald Hudlin – telling stories and being wealthy with creativity and curiosity

TGN-390 New Realities New Responses - May 10, 2020

- The Conscious Corner: The history of crisis in the Black community. How can we trust the system
Interview with Alfred Taylor Board President in Long Island, NY school district
- Healthy Relationships: How social distancing effects our relationships
Part 2 – How we turn the media against our own
- Cora Dixon Healing Experience: How Long Island is dealing with the pandemic and staying healthy
42 Negative Confessions of Ma'at
- Griot Nation News: The propaganda of the progress narrative in Black society
- Helpful Hints for Parents – Mediating conflicts in the house
- Rapademics: Rap-A-Speech – 8 Parts of Speech; Conjunctions
- Griot 411: Special report from Neal Mack – activist and community organizer in Buffalo

TGN-391 New Realities - Show 2 – May 17, 2020

- The Conscious Corner: the fallout from the Corona virus pandemic with special guests Rodney Jackson (aka Rennis) - artist and poet, and Brit Miller - trainer and life coach.
- Healthy Relationships: Domestic violence and how to avoid compromising situations
- Cora Dixon Healing Experience: Tips for staying healthy while in quarantine
42 Negative Confessions of Ma'at
- Griot Nation News: The health crisis is a catalyst to bring out the already existing crisis of legitimacy in economics, politics and the major problems in the society
- Helpful Hints for Parents – Mediating conflicts in the house
- Rapademics: Rap-A-Speech – 8 Parts of Speech; Conjunctions
- Griot 411: Jim Carey and his life changes

TGN-392 Coming Back To Center – May 24, 2020

- The Conscious Corner: Understanding that we must get back to the basis of who we are as a people, and embrace the rich heritage that was established thousands of years ago by our ancestors.
- Healthy Relationships: How to deal with male-female relationships out side of your mate
- Cora Dixon Healing Experience: Financial Literacy and the importance in our lives
How we spend our money is a reflection of how we see ourselves
- Helpful Hints for Parents – Teaching our children what real food is
The relationship of how we deal with each other
- Rapademics: Rapily – Multiply By 6; Multiply by 7

TGN-393 Politricks – May 31, 2020

- The Conscious Corner: How to understand where we are today and the tricks that are being played on us
The community response to the political and power structure in Buffalo
- Healthy Relationships: The importance of listening in relationships
- Griot Nation News: The New York Times 1619 project and how it tries to unravel the telling of history
- Cora Dixon Healing Experience: Your self care is your health care
- Helpful Hints for Parents – Protecting the minds of our children
- Rapademics: Parts of Speech – Adjectives; Rap-A-Phonics – We Use Nouns
- Griot 411: Tribute to the Hip Hop legend Rakim and how his career started

TGN-394 Revolutionary Mindset – June 06, 2020

- The Conscious Corner: Reparation – What do we get for supporting political parties?
Structural dysfunction in today's society – getting back to our ancestral roots
- Healthy Relationships: Self evolution and how it effects your relationships
- Griot Nation News: The story of Cariol Horne and the political shenanigans in Buffalo
- Cora Dixon Healing Experience: Financial Literacy and the importance in our lives
Part 2 – How we spend our money is a reflection of how we see ourselves
- Helpful Hints for Parents – Teach entrepreneurship to your children
Part 2 – Help children be consciously aware and challenge what you hear
- Rapademics: RapiPLY – Multiply by 6; RapiPLY – Multiply by 7
- Griot 411: Interview with Bruce Bruce – Exposing the comedy game

TGN-395 Dog Whistle – June 13, 2020

- The Conscious Corner: the 12 year battle of Cariol Horne, a former 19 year police veteran in Buffalo, NY who saved the life of a Black man being choked by her fellow police officer.
- Healthy Relationships: Our relationship with our own feelings
Listen for feelings first and then facts
- Griot Nation News: In light of the George Floyd murder, the time has come for community control of police
- Cora Dixon Healing Experience: The discussion of Black on Black crime and how we deal with it in our communities – interview with Edmond Breaux
- Helpful Hints for Parents – Make sure your children feel safe and secure with order; have a sit down and re-establish your codes of conduct
- Rapademics: Rap-A-Phonics – Long E Vowel Sounds; Ending Consonant Blends
- Griot 411: Dave Chappelle and the push back in his 'Sticks and Stones' special